

Coaching Corner

January 10, 2007
Vol 3, Issue 111
by Ann Vanino

Winter

*“In winter we lead a more inward life.
Our hearts are warm and cheery,
like cottages under drifts,
whose windows and doors are half concealed,
but from whose chimneys the smoke cheerfully ascends....”*
—Henry David Thoreau

(c) 2004-07 Ann E. Vanino ~ All rights reserved in all media.

How will your winter be?

Growing up in New York City, winter meant for me, cold weather, the silence of a new snowfall, mittens and ear muffs, wind-burned faces, hot chocolate, and stepping off the curb into ice-cold slush puddles (brrr...). What does winter mean to you?

The seasons affect us. Why not give some thought to how you will experience this winter. How can you make the most of it? Is winter a time that you go within? How does the colder weather affect you? Do the shorter days influence your state of mind? Do you have more or less activity in winter?

Bears hibernate in winter. It is a time for them to sleep. They go into a cave and do not see the sun. Perhaps this winter can be a time of contemplation for you, a time to rest and think about where you are in your life. Winter can be a time of solitude.

I have a friend who finds winter a productive time for her. Her children are in school and she has more time of her own. You may love cold weather or winter sports. Shorter days may mean longer nights by the fire with family or friends.

“There is a quiet in the landscape of winter”

Perhaps winter energizes you.

Winter is a time of stark beauty. It is a time of frozen lakes, translucent sunlight, and vast white expanses of snow. There is a quiet in the landscape of winter. Many birds are gone, other animals have gone underground, and leaves have fallen. Nature itself is resting.

In earlier days, people stored food and other provisions for winter. They prepared for a time of inactivity and made sure they had enough to survive. What have you done in the past year? What did you grow in spring and harvest in fall? How is your life different than it was last year?

Winter can be a time of hardship. It does not have the gentle energy of summer. It requires more of you – protection from the cold, self-reliance, and strength. But the rough roads widen our horizons. The quiet allows us to listen. Solitude enriches our inner life.

As you begin another winter, how is it looking to you? How will your winter be? Use winter as a marker in your life. It is an opportunity to take stock. Make the most of it. Spring will be here before you know it.

So, are you ready to take some action? Here are two things you can do to make the most of winter.

- Start a winter journal. During winter write down what winter means to you, how you are experiencing winter, and what you are learning from winter.
- Take a day and hibernate. See what it brings to your life.

Good luck!

COACHING SERVICES: FULL COURT PRESS



Full Court Press is a short-term, focused coaching program designed by you and I to meet a specific goal in a defined period of time. Full Court Press can be employed for any goal. To date, it has been used by my clients for such uses as deciding whether to go back to school, negotiating a job offer, making a job transition, and getting through a divorce while finding a job and moving into a new home. You can use this service to meet your needs!

**For more information visit
<http://www.MovingForward.net> or call 661-944-6329**

What Ann's clients are saying...

“I have used your teaching ‘Look for positive CLOSURE’ in many situations. It has been key to my transformative new life and career. I came to you when I was making a change in my career, leaving the secure institutional job to one of Entrepreneurship. Ann, I appreciate you.”

— *Entrepreneur, Business Owner*



Ann E. Vanino

Moving Forward
Personal and Professional
Coaching

PO Box 1372
Littlerock, CA 93543

phone: 661-944-6329
Email:

Ann@MovingForward.net

Web site:
MovingForward.net

In 1996, I founded Moving Forward Personal and Professional Coaching. My work is dedicated to helping clients create the life they want and helping businesses build successful, prosperous, and well-managed organizations. I have worked with hundreds of people, from entrepreneurs, to new coaches to corporate executives, helping them empower themselves and their organizations to achieve success. My work touches countless others through workshops, speaking engagements, publications, and teleclasses.

Coaching Education and Activities

I received training as a coach at The Coaches Training Institute in San Rafael, CA. I received a Master's Degree in Public Administration from New York University in 1976 and a Bachelor of Arts Degree, magna cum laude, in Environmental Studies from the State University of New York at Albany in 1974. I am a member of the Los Angeles Chapter of The International Coach Federation. I write a weekly newspaper column, Coaching Corner, that guides readers to a fulfilling life.

Business Experience

My business career spans over 20 years, including management positions at the U. S. Environmental Protection Agency and New York City's Department of Environmental Protection. As Assistant Commissioner of New York City's Hazardous Materials Emergency Response Team, I oversaw responses to over 600 chemical emergencies a year. The Team was a national leader in emergency response in the 1980s, during my tenure. Since 1988, I have worked in the private sector, including founding Williams & Vanino, Inc. in 1991. As a consultant and business owner, I helped Fortune 500 corporations and government agencies comply with government regulations and manage their environmental programs effectively.